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The Forefront Of The Coping Movement™

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Lookism.net - Aesthetics, Red Pill, and Masculinity Discussion > LMS and Red Pill discussions > Shitty Advice ▼

[Looksmx] CABERGOLINE & NOFAP 1 MONTH NTMAXXING LOW INHIBMAXXING PROGRESS

Pages (2): 1 2 Next »

[Looksmx] CABERGOLINE & NOFAP 1 MONTH NTMAXXING LOW INHIBMAXXING PROGRESS

Thread Modes



whiteboi ●
caberbrah



HONP

Posts: 1,210
Threads: 98
Joined: Oct 2018
Reputation: **7,881**
Tinder Matches: 1000+
Dates: Zero
Kisses: Zero
Slay Count: Virgin
Relationships: 1

01-10-2019, 07:27 PM

#1

Background

19, addicted to porn, lowish testosterone, tired all the time, unmotivated, had problems keeping it up with multiple girls (most of these problems relating to finasteride). Quit fin, got back my sex drive, but something still felt off. Nowhere nearly as high libido as before. No motivation in school or social life, just bored and depressed.

Treatment

0.25mg Cabergoline 2x/week
Nofap
Continued gymcelling

Results

Hard to notice at first. Went about two weeks and felt nothing, was discouraged because I was expecting things to be night and day. Main distinct difference was quality and quantity of erections. I have rock-hard morning wood most days, get random boners throughout class, and so on. After around three weeks, I think things "clicked."

My sex drive became insatiable. Around New Year's, I fucked a girl and licked her buttohole. I've never done that before. I liked it. Wack. All of a sudden, lost interest in weed. Sleep got worse. I can't sleep more than 5-6 hours a night, no matter how hard I try. Doesn't seem to affect my energy levels though, I'm constantly wide awake and relaxed now. My academic life took a weird turn. This semester, I found myself bored with my usual slate of escapist liberal arts courses on old literature and niche history, and impulsively revamped my schedule at 3 AM.

I'm now a double major, studying Advertising as well as my original major. Classes have been in session for a few days. I made a presentation yesterday (I'm usually insanely inhibited when it comes to public speaking), and I swear to God it went so well (everyone laughed at my joke, etc) the rush was IDENTICAL to good cocaine. Idk if this can be attributed to caber, but I'm ecstatic about it.

Speaking of cocaine, I did a few lines during week three. The coke wasn't even that good, just street shit, but it put me on cloud nine. I'm pretty sure this has something to do with the lack of prolactin (which spikes when cocaine leaves your system). During the coke high I applied for five different jobs at college, in order to start making more money to spend on cocaine.

I got one thanks to nailing the interview, so I start selling jeans to jbs at American Eagle at the mall within the week.

When it comes to girls, I made another impulsive decision and bought the new iphone to shoot portrait mode pics of myself in various places around town and pimp out my tinder. Matches have gone THROUGH THE FUCKING ROOF since I reset my account, sitting at just over 130 after ten days. I've capitalized on three girls so far, just by mass-sending the line that's in a classic thread here to the sluttiest-looking ones: "So you like my profile? I had a tough time finding pictures that didn't look like I was showing off my stacks of money and huge dick."

This regime has made me more assertive, confident, narcissistic, and has definitely helped my preexisting BPD. I am insanely superficial, egotistical, and self-important. My body is perfect and I look like a model. I am sleeping. My introspective tendencies are still there, but basically blunted. I don't have the capacity to judge myself anymore. I am the shit. I am a fucking winner. I love myself. I have a legit lust for life. I feel no compulsion to log on to ***** or forums anymore, in fact it's basically boring unless I'm getting showered with validation.



Iggy Pop - Lust For Life



Ver más tarde



Compartir



The Killers - The Man



Ver más tarde

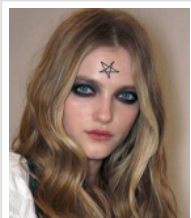


Compartir



Anyway, this might be my last post here. I want to thank everyone, because there's a lot of good information here if you know how to sift past the weird histrionic incel drama. Hopefully this helps someone in my previous position. Cheers.

[Image: 68747470733a2f2f73332e616d617a6f6e617773...=720&h=720]



aaa

Senior Member



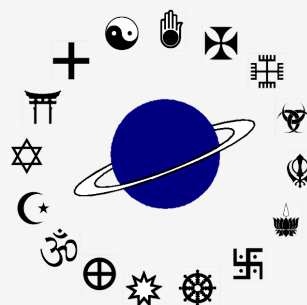
Son of Mew

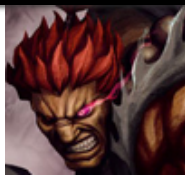
Posts: 461
Threads: 15
Joined: Sep 2018
Reputation: 780

01-10-2019, 07:33 PM

#2

why have you included those music videos





RealRob

Banned

Posts: 9,174
Threads: 1,203
Joined: Jul 2015

Find

Nice, u increased your dopamine, this is what happens.

Personally, I cannot tolerate caber, I get so god damn fucking tired I wanna do NOTHING.

Reply



skylo

Senior Member



HONP

Posts: 623
Threads: 49
Joined: Apr 2018
Reputation: **486**
Slay Count: 22

Find

01-10-2019, 07:50 PM

#4

love hearing shit like this

keep making dat schmoney cuz

[Image: 50955252_540387696456200_307669535945661...tagram.com]

Reply



WhyAmIHere

Senior Member



HONP

Posts: 939
Threads: 108
Joined: Oct 2018
Reputation: **1,409**

Find

01-10-2019, 07:55 PM

#5

Wow a legit post

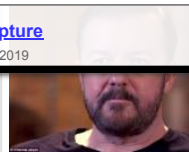


Reply

01-10-2019, 07:56 PM

#6

Incoming dopamine nosedive



Golgonto

Associate of Josh



Son of Mew

Posts: 1,932

Threads: 90

Joined: Nov 2018

Reputation: **12,304**

Tinder Matches: Zero

Dates: Zero

Kisses: Zero

Slay Count: 50+ Slayer



highT

Super Poster



HONP

Posts: 1,795

Threads: 129

Joined: Aug 2018

Reputation: **6,361**



01-10-2019, 10:37 PM

#7

whiteboi Wrote: →

(01-10-2019, 07:27 PM)

During the coke high I applied for five different jobs at college, in order to start making more money to spend on cocaine.

I got one thanks to nailing the interview, so I start selling jeans to jbs at American Eagle at the mall within the week.



Lol you better be careful OP. That's nice that you're feeling good but that's some messed up shit tbh

"Why did the heathen rage, and the people imagine vain things?"





rickfoley
Senior Member



Posts: 348
Threads: 54
Joined: Jan 2019
Reputation: **-73**

Find

aaa wrote:

why have you included those music videos

i think the one piece was included in the big caber thread that got stickied and apparently inspired op...

<https://lookism.net/Thread-if-you-dont-t...ven-trying>

whether its a good idea to listen to advice from **paulus** the fraudus aka paulus the bald aka paulus the janitor aka paulus the mentally ill is another story

but so far it seems t work for him. everything seems to work like paulus promised. so good for him. he lives a rockstar life now and this what everyone wants here no?

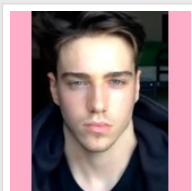
ultimative lifehack to become more low inhib: <https://lookism.net/Thread-lifehack-easi...-low-inhib>

easy, quick and painless method to kill yourself: <https://lookism.net/Thread-lifehack-easi...pid3851072>

why vitamin E will change your life to the positive: <https://lookism.net/Thread-MEGADOSE-vita...CTIN-STUDY>

the music im listening to when i post here: <https://youtu.be/Hqo-UMGsfWw>

Reply



orbmaxxing
Member



Posts: 59
Threads: 4
Joined: Oct 2018
Reputation: **35**

Find

01-11-2019, 12:00 AM

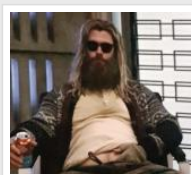
#9

what do you think had the biggest impact on your results?

cabergoline, nofap, or gymcelling?



Reply



Leans
Slayer



Posts: 6,701
Threads: 582
Joined: Mar 2016
Reputation: **6,423**

01-11-2019, 10:34 AM (This post was last modified: 01-11-2019, 10:37 AM by Leans.)

#10

Nofap in itself is dopamine boosting!

I'm on like day 5 on nofap and just taking zma, dvitamin, daa

and starting to get that "teenager feel" again. I conclude it must be hormones that elevates.

On vacation now but next week going to pound the gym too and add some creatine



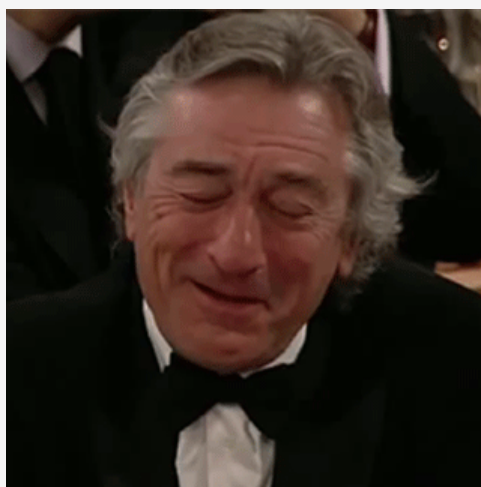
rickfoley ●
Senior Member



Posts: 348
Threads: 54
Joined: Jan 2019
Reputation: **-73**

01-11-2019, 01:39 PM (This post was last modified: 01-11-2019, 02:02 PM by rickfoley.)

#11



yes its not the medication that interacts with dopamin receptors and is well known to cause exactly this kind of described (yet unwanted and in longterm probably harmful) psychological sideeffects...

no it must be the nofap. after all we all read all the amazing stories from permavirgins on reddit about nofap and how they almost found the courage to approach a girl after they went on nofap for 465 days

i dont say nofap is bad (personally i try not to fap more than 1-2xper week) but you just know that the same kind of people who believe the strongly exaggerated stories (placebo effect) and pseudo science on reddit about nofap are the same kind of people who unironically believe in bonesmash theory (wolffs law bro!! if i smash my wrists it will visible grow!!!!) or facepulling

almost as stupid as trusting the recommendation of a random retard without medical background on the internet about a medication which for a reason normally needs to be prescribed by a doctor

this is the problem with the internet: a few decades ago crazy people were forced to interact with normal, mentally sane persons. they would have said their crazy shit, the others would have replied with "no thats retarded, dont do it" and that would have been the end of story

nowadays people go online and they just find the other 50 people on this 7 billion planet who are just retarded as they are, now encouraged and motivated to keep doing the crazy and stupid shit they are doing. people dont go to a doctor anymore - because now its apparently enough when you read a ncbi article or a steroid guide on an internet forum

to make it very clear: i think majority of you is extremely retarded, beyond help and should be not allowed to use the internet without supervision

ps this being said, I might look into caber. Its like steroids, drugs. helpful short term and damaging in the longterm. im not planning to be the oldest and most healthy body on the graveyard - so fuck it.

ultimate lifehack to become more low inhib: <https://lookism.net/Thread-lifehack-easi...low-inhib>

easy, quick and painless method to kill yourself: <https://lookism.net/Thread-lifehack-easi...pid3851072>

why vitamin E will change your life to the positive: <https://lookism.net/Thread-MEGADOSE-vita...CTIN-STUDY>

the music im listening to when i post here: <https://youtu.be/Hqo-UMGsFWw>



whiteboi
caberbrah



Posts: 1,210
Threads: 98
Joined: Oct 2018
Reputation: **7,881**
Tinder Matches: 1000+
Dates: Zero
Kisses: Zero
Slay Count: Virgin
Relationships: 1

01-11-2019, 10:41 PM (This post was last modified: 01-11-2019, 10:44 PM by whiteboi.)

#12

orbmaxxing Wrote: →

(01-11-2019, 12:00 AM)

what do you think had the biggest impact on your results?

cabergoline, nofap, or gymcelling?

Considering I've gone on nofap streaks before, definitely caber

Pinhead Wrote: →

(01-11-2019, 01:58 PM)

my dick is dead and my shbg plus lsh fsh are all whack

can caber help?

What do you have to lose by trying? I paid \$50 btc on alldaychemist for a three month supply.

highT Wrote: →

(01-10-2019, 10:37 PM)

whiteboi Wrote: →

(01-10-2019, 07:27 PM)

During the coke high I applied for five different jobs at college, in order to start making more money to spend on cocaine.

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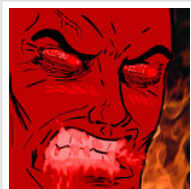
Lol you better be careful OP. That's nice that you're feeling good but that's some messed up shit tbh

Cocaine is a nice lunch. I'm not retarded. I can't afford (financially or physically or mentally) to do coke any more than a few times a month.

[Image: 68747470733a2f2f73332e616d617a6f6e6177773...=720&h=720]

Find

Reply



Narnia

Al-Masih ad-Dajjal



Posts: 4,109

Threads: 233

Joined: Jan 2019

Reputation: 15,338

Kisses: 100+

01-11-2019, 11:03 PM

#13



Keep ascending man. Got dopamine spike by just reading this



Your IP is 207.241.232.121! Your ISP is Internet Archive.
You are running Windows and using Firefox!
Get your own sign at www.danasoft.com!

danasoft.com



Find

Reply



RealRob
Banned

Posts: 9,174
Threads: 1,203
Joined: Jul 2015



Find

Leans Wrote: →

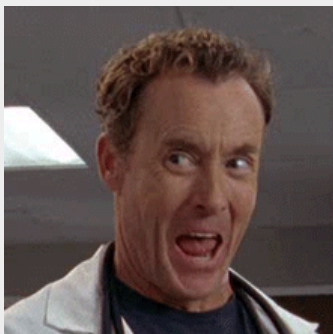
(01-11-2019, 10:34 AM)

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and starting to get that "teenager feel" again. I conclude it must be hormones that elevates.

On vacation now but next week going to pound the gym too and add some creatine

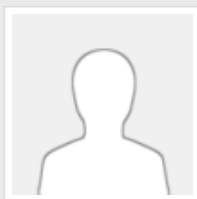


Yes it does in fact strenghten dopamine d2 receptors and androgen receptors.

Ive noticed, when I dont ejaculate in 1-2 weeks (which is very difficult on test) i start enjoying music more.



Reply



zaynmalik10
Member



Posts: 232
Threads: 75
Joined: Jan 2019
Reputation: **145**



Find

01-12-2019, 12:54 AM

#15

Also try fasting , that strentgthens d2 receptors aswell



Reply



whiteboi
caberbhah



Posts: 1,210
Threads: 98
Joined: Oct 2018

01-12-2019, 03:10 AM

#16

zaynmalik10 Wrote: →

(01-12-2019, 12:54 AM)

Also try fasting , that strentgthens d2 receptors aswell

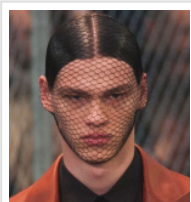
Yeah, should've mentioned that. I try to fast 24 hours a few times a week. If a weekend is looking boring like this weekend, I try to fast Friday-Monday. Makes up for the high sodium shit diet I treat myself to when I'm getting hammered on equally bloating gin.

[Image: 68747470733a2f2f73332e616d617a6f6e6177773...=720&h=720]

Relationships: 1

Find

Reply



yollneverknow

Deformed O' Pry



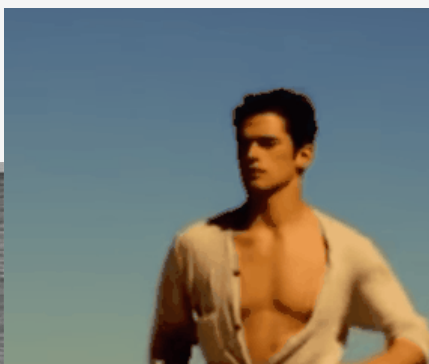
Son of Mew

Posts: 2,387
Threads: 258
Joined: Jun 2018
Reputation: **4,020**

01-12-2019, 03:54 AM

#17

so fapping everyday is unhealthy and having intercourse everyday is healthy.... makes sense



Find

Reply



Leans

Slayer



Posts: 6,701
Threads: 582
Joined: Mar 2016
Reputation: **6,423**

01-12-2019, 07:53 AM (This post was last modified: 01-12-2019, 07:56 AM by Leans.)

#18

zaynmalik10 Wrote: →

(01-12-2019, 12:54 AM)

Also try fasting , that strengtghens d2 receptors aswell

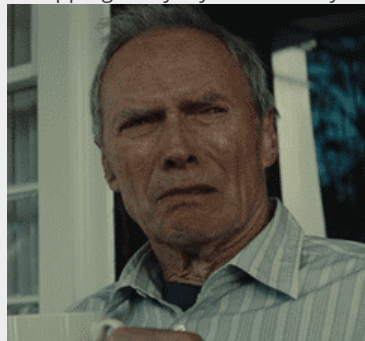
How short fast can strengthen them? 6 hours?

I regularly fast by skipping breakfast or/and lunch. Which is a 18-24 h fast basically.

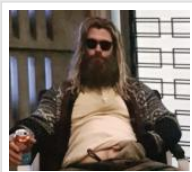
yollneverknow Wrote: →

(01-12-2019, 03:54 AM)

so fapping everyday is unhealthy and having intercourse everyday is healthy.... makes sense



Thoughts of regret and feeling of it not being worth it, especially if I'm sober



Leans

Slayer



Posts: 6,701

Threads: 582

Joined: Mar 2016

Reputation: **6,423**

01-12-2019, 08:25 AM

#19

RealRob Wrote: →

(01-11-2019, 11:10 PM)

Leans Wrote: →

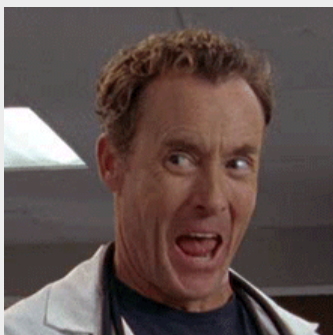
(01-11-2019, 10:34 AM)

Nofap in itself is dopamine boosting!

I'm on like day 5 on nofap and just taking zma, dvitamin, daa

and starting to get that "teenager feel" again. I conclude it must be hormones that elevates.

On vacation now but next week going to pound the gym too and add some creatine



Yes it does in fact strenghten dopamine d2 receptors and androgen receptors.

Ive noticed, when I dont ejaculate in 1-2 weeks (which is very difficult on test) i start enjoying music more.

Legit mein bruder

I'm enjoying music right now, almost like on phenibut



rickfoley

Senior Member



Posts: 348

Threads: 54

Joined: Jan 2019

Reputation: **-73**

01-12-2019, 06:05 PM

#20

we should sticky this threa

its a positive example of ascension nontheless

ultimative lifehack to become more low inhib: <https://lookism.net/Thread-lifehack-easi...-low-inhib>

easy, quick and painless method to kill yourself: <https://lookism.net/Thread-lifehack-easi...pid3851072>

why vitamin E will change your life to the positive: <https://lookism.net/Thread-MEGADOSE-vita...CTIN-STUDY>

the music im listening to when i post here: <https://youtu.be/Hqo-UMGsFWw>



01-12-2019, 06:22 PM

#21

youllneverknow Wrote: →

(01-12-2019, 03:54 AM)



whiteboi ●
caberbrah



HQNP

Posts: 1,210
Threads: 98
Joined: Oct 2018
Reputation: **7,881**
Tinder Matches: 1000+
Dates: Zero
Kisses: Zero
Slay Count: Virgin
Relationships: 1



Masturbation isn't the central issue of nofap if you're addicted to porn. Porn is absolute shit for your dopamine system and will make the real thing far less satiating. If you're addicted to porn, you can't divorce the two. Personally I can't masturbate without porn, so the only option is to abstain completely.

That said, there are also myriad differences in terms of the neurological effects of a sex-induced orgasm vs a masturbation-induced orgasm... You simply don't get the same sort of endorphins from beating your meat with your hand as you do cumming deep inside a woman screaming your name. Without the ego validation of sex, orgasms are pointless and just make me depressed.

This is not to mention semen retention theory, which people like Mike Tyson, Voltaire, Steve Jobs, Pythagoras and his cult, and Plato all practiced.

[Image: 68747470733a2f2f73332e616d617a6f6e617773...=720&h=720]



Find

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whiteboi ●
caberbrah



HQNP

Posts: 1,210
Threads: 98
Joined: Oct 2018
Reputation: **7,881**
Tinder Matches: 1000+
Dates: Zero
Kisses: Zero
Slay Count: Virgin
Relationships: 1

02-26-2019, 08:22 PM

#22

Update: I've been off caber since the end of January, am slowly returning to baseline. I didn't get DAWS or anything like that but I may have upregulated my dopamine receptors, not sure. My life is still much better than it was before this regimen, and I plan on going back on caber in March, maybe 1mg/week this time. This month I've just been eating healthy and exercising, staying sober for the most part. My energy levels and sex drive are much lower than they were on caber, but definitely higher than they were beforehand. My depression has also returned, albeit very slightly--I find I can now control it and push negative thought loops out of my head. Overall I'd say I'm still significantly less inhibited. Not sure what the long-term potential is of this, but another cycle probably won't hurt, from the research I've done on pubmed. I'll probably be cycling it concurrently with 25mg MK-677, as a way to balance out the cognitive effects of cabergoline (in retrospect, it definitely gave me a bit of brain fog) and assist my pre-summer cut. I'll have to research more about that and make sure it won't make my heart explode, though.

[Image: 68747470733a2f2f73332e616d617a6f6e617773...=720&h=720]



Find

Reply



Supreme Cunt ●
instead: "hell is other people"



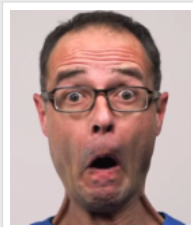
Posts: 3,508
Threads: 243

02-26-2019, 09:12 PM

#23

it's amazing how some guys can last for so long on nofap

I can barely last a week

**HaveYouTriedTrying**

Super Poster



Posts: 1,437
Threads: 215
Joined: Jan 2019
Reputation: **1,130**



02-26-2019, 10:44 PM

#24

Got caber partly because of this thread, 3 doses in and I've been sleeping for 10h when usually I need 8. Could be unrelated though, you ever experience anything like this?

How bad exactly was your public speaking before caber btw? I'm supposed to do a talk for my master's project and have only had terrible experiences with severe public speaking phobia, legs violently shaking, voice cracking etc. You think there's any chance caber helps? Will also be on beta blockers and maybe xanax.



whiteboi
caberbrah



Posts: 1,210
Threads: 98
Joined: Oct 2018
Reputation: **7,881**
Tinder Matches: 1000+
Dates: Zero
Kisses: Zero
Slay Count: Virgin
Relationships: 1

02-26-2019, 11:33 PM (This post was last modified: 02-26-2019, 11:41 PM by whiteboi.)

#25

HaveYouTriedTrying Wrote: →

(02-26-2019, 10:44 PM)

Got caber partly because of this thread, 3 doses in and I've been sleeping for 10h when usually I need 8. Could be unrelated though, you ever experience anything like this?

How bad exactly was your public speaking before caber btw? I'm supposed to do a talk for my master's project and have only had terrible experiences with severe public speaking phobia, legs violently shaking, voice cracking etc. You think there's any chance caber helps? Will also be on beta blockers and maybe xanax.

Oh man, public speaking was/is the worst for me. Racing thoughts, severe adrenaline rush, sweaty palms, shaky voice, the whole nine yards. I would get this even when it came to small stuff, like talking in a seminar (still sometimes do). Caber helped a lot, maybe not in the sense that I took caber and instantly became a public speaking god--I still have to take a small dose of etizolam for longer stuff--but it made me... not give as much of a fuck. My attitude shifted from "Oh God I just have to get through this" to "I worked on this, I'm gonna fucking crush it" and after the first few successes I built a solid foundation of confidence. It's the dopaminergic action, you're more committed to achieving the outcome you want, and GODS does it feel incredible when you do. I mean, like I said in the OP, it's roughly analogous to the rush of cocaine. It's victory. That, for me, translated into a much easier time. YMMV.

Supreme Cunt Wrote: →

(02-26-2019, 09:12 PM)

it's amazing how some guys can last for so long on nofap

I can barely last a week

~~It's because finasteride nuked my libido~~

Personally after day 20 it gets really easy for me, the urges go away, and I enter a sort of flatline since I'm so addicted to porn. I lost count of what day I'm on, haven't fapped since 2018, but I have no desire to view porn at all. Morning wood goes away after 20-30 days for me and comes back at day 60-70, my sex drive is much lower than it is when I watch porn, but I can get erect with girls more easily and my brain is a lot clearer.

[Image: 68747470733a2f2f73332e616d617a6f6e617773...=720&h=720]



Forever

Senior Member



Posts: 934
Threads: 114
Joined: Dec 2016
Reputation: **974**



Can you tell me how and where did you buy caber?
Online? Or in a pharmacy?
Caber lowers prolactin right? So it will be good for my hairloss and nofap



whiteboi

caberbrah



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Threads: 98
Joined: Oct 2018
Reputation: **7,881**
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Dates: Zero
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03-03-2019, 07:49 PM

#27

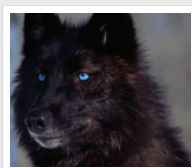
Forever Wrote: →

(03-03-2019, 06:09 PM)

Can you tell me how and where did you buy caber?
Online? Or in a pharmacy?
Caber lowers prolactin right? So it will be good for my hairloss and nofap

alldaychemist, it's an Indian online pharmacy. Paid in bitcoin, took around three weeks to get to the US.

[Image: 68747470733a2f2f73332e616d617a6f6e617773...=720&h=720]



TRT

Newbie



Posts: 0
Threads: 0
Joined: Jul 2015
Reputation: **130**



03-04-2019, 03:53 PM

#28

about to take my second dose of caber, already noticed similar changes to you since taking first dose 4 days ago, placebo or not, we shall see. also hoping it lowers prolactin and thus reduces my minor puffy nipples somewhat.

mog or be mogged

03-04-2019, 04:01 PM

#29

Cabergoline isn't sustainable in a long run. It severely fucks up heart.

YOMADAFKANIIGGABIIIOH



ZagReborn

Senior Member



Posts: 287
Threads: 6
Joined: Feb 2019
Reputation: **265**
Relationships: 18



whiteboi

caberbrah



HONP

Posts: 1,210
Threads: 98
Joined: Oct 2018
Reputation: **7,881**
Tinder Matches: 1000+
Dates: Zero
Kisses: Zero
Slay Count: Virgin
Relationships: 1



03-05-2019, 05:25 AM (This post was last modified: 03-05-2019, 05:28 AM by whiteboi.)

#30

ZagReborn Wrote: →

(03-04-2019, 04:01 PM)

Cabergoline isn't sustainable in a long run. It severely fucks up heart.

Nope. That's only been seen in Parkinson's doses, which are multiple mgs a day. You shouldn't take more than 1mg a week.


On .5-1mg weekly very few people get sides, and the sides they do get are mostly naseau or fatigue. Valvular heart disease has yet to be linked to low-dose cabergoline regimens. Bodybuilders have been using it for ages.

TRT Wrote: →

(03-04-2019, 03:53 PM)

about to take my second dose of caber, already noticed similar changes to you since taking first dose 4 days ago, placebo or not, we shall see. also hoping it lowers prolactin and thus reduces my minor puffy nipples somewhat.

Good luck bro. Hope it helps you.

 [Image: 68747470733a2f2f73332e616d617a6f6e617773...=720&h=720]



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